

- - Home and Kitchen - -

Canned Pineapple Recipes

By Marian Hains Neil, M. C. A.

The pineapple is recognized as one of the most wholesome foods that comes to our tables. Its rich and abundant juices are very cooling to the blood and contain a remarkably active digestive principle similar to pepsin, but, unlike the latter, this principle will operate in either an acid, neutral or alkaline medium, according to the kind of proteid to which it is presented.

Whether the pulp or the juice of a fresh pineapple is to be used it should be thoroughly scalded before combining it with any such albuminoid substance as milk, eggs or gelatine.

Pineapple is best eaten at the end of breakfast or as an accompaniment or follower of the meat course at dinner, when it assists in the digestion of the food.

Pineapples are blessings in the sick room. The juice allays thirst and is nourishing, acting upon the liver and kidneys beneficially.

The pineapple is a fruit that grows in popularity with use, and its flavor is so agreeable that very few people have to acquire a taste for it.

Canned pineapple is only now beginning to be appreciated. It is easy to buy and certain reliable brands are excellent. It usually comes in three forms—sliced, crushed and grated.

The sliced pineapple is usually served as it comes from the can, but may be used in many other ways; the crushed and grated are used in apple sauce and also in delicious made desserts and beverages. The following recipes for using this fruit of rare and delicious taste may enable the housekeeper to maintain "The spice of life that gives it all its flavor":

Iced Pineapple Slices.

Flavor the slices of pineapple with ground ginger and syrup. Sprinkle over with chopped preserved ginger and finely shred blanched pistachio nuts; then arrange in a pretty dish. Pour the remainder of the syrup round the dish and serve as a sweet for dinner.

To make the syrup for the pineapple, put six ounces of lump sugar, three-quarters of a pint of water, the grated rind of one lemon, one teaspoonful of ground ginger and a piece of cinnamon stick one inch long; boil and reduce to half the quantity, strain and when cooling add a wineglassful of rum.

Set in a freezer till quite cold and use with the pineapple.

Pineapple Souffle.

Four tablespoonfuls of chopped or crushed pineapple, half a pint of milk, half a teaspoonful of lemon extract, three tablespoonfuls of butter, four

eggs, three tablespoonfuls of flour and two tablespoonfuls of sugar.

Melt the butter in a saucepan, stir in the flour and cook for three minutes; add the milk gradually and stir over the fire for five minutes. Remove from the fire, add the lemon extract, sugar and pineapple, stir and allow to cool a little. Mix in the yolks of eggs one by one. Add the whites of the eggs beaten to a stiff froth.

Pour this mixture into a mold that has been buttered and decorated with small pieces of pineapple, cover with a buttered paper and steam gently for fifty minutes. Remove the paper, turn out onto a hot dish and garnish with some pieces of pineapple.

Pineapple Pudding.

Cut one pound of spongecake into thin slices and spread with strawberry jelly then place the slices in a deep glass or silver dish, scatter a quarter of a pound of crushed macaroons among them, pour the juice of one can of pineapple over and let soak well in.

Cut up one can of pineapple into small pieces, place them in the dish. Boil two cupfuls of milk with a quarter-pound of lump sugar, let it cool a little, beat up four eggs, pour the milk over stirring well and pour the mixture into a pitcher, place this in a saucepan of boiling water over the fire, stir till the custard thickens and coats the back of the spoon; do not allow it to boil.

Continue stirring off the fire till the custard cools, pour over the pudding in the dish and ornament with whipped sweetened cream.

Pineapple Sorbet.

Half a pound of canned pineapple, half a lemon, one wineglassful of sherry wine, half a wineglassful of maraschino, a little sugar.

Cut up the pineapple as small as possible, add sufficient of the syrup to cover, boil up once and rub through a sieve. Add enough water to make up one pint and a gill, strain the lemon juice into this, add also the wine and the liquor. Freeze until partly set.

Three tablespoonfuls of small pieces of pineapple, which have been flavored with a little brandy and sugar, should at this stage be mixed with the sorbet. Continue to freeze for about fifteen minutes longer. Serve in dainty glasses or cups.

Pineapple Foam.

One can of sliced pineapple, one pint of lemon jelly, one gill of the best rum and the strained juice of half a lemon.

Cut the pineapple into dice, put it in a basin with the syrup from the can, the rum and the lemon juice, then the lemon jelly, melted and warm. Whip all to a froth over ice, when nearly set, pour into a wet mold. Turn out when firm and serve with grated pineapple.

Tasty Recipes

Cream Cheese Salad.

Here is a little variation in the popular cream cheese salad: Put into a bowl one small cream or Neufchatel cheese and beat light with one tablespoonful each melted butter and sweet cream.

Season with salt and paprika or pepper grass cut in bits, add one cupful chopped nuts or olives, mix well, roll in soft balls and serve on lettuce leaves or a bed of watercress.

Codfish Baked With Cheese.

Put a pound of thick codfish, picked to pieces, into a saucepan and cover with cold water. Let the water come to a boil, then turn the fish into a colander to drain. Make a cream sauce by putting a tablespoonful and a half of butter in a frying pan over the fire with a heaping tablespoonful of butter. When smooth and frothy add a cupful and a half of hot milk and a little pepper.

Cook until smooth and creamy. Butter a pudding dish and put in the bottom a layer of the fish. Cover with a layer of the dressing and grate over this a slight covering of cheese.

Kluskis au Fromage a la Creme.

Mix together half a pound butter, six eggs, six large spoonfuls cream cheese, a pinch of nutmeg, sugar to taste, a cup of bread crumbs and cream enough to make light. Dust the hands with flour and form into balls. Drop into salted boiling water. They should at once rise to the surface. Turn over and cook the other side, remove, drain, cover with butter and brown in the oven.

Russian Vatrushkis.

Somewhat similar are these pasties, made also from cream cheese and eggs. The cheese is first pressed in a cloth until moisture is extracted. Place in a mortar with a piece of butter, and when pounded smooth season with salt and nutmeg. Work the yolks of four eggs into the paste, place on small rounds of puff paste, turn the edges over and press together, leaving in a crescent shape; set near the fire to rise for twenty minutes, then coat with beaten yolk of egg and bake in a moderate oven.

MIGHT TAKE LANAI HERD.

The forest service has three thousand Angora goats at work, it is stated, in the Lassen National Forest of California, and their sole duty is to eat trails through the undergrowth in order that the fire guards may perform their duty. They are doing their work thoroughly, it seems, and the government is saving much money by the experiment.—Our Dumb Animals.

Oyster Ideas

Ways of cooking oysters so that they will "tickle the palate" are numerous, but it is doubtful if a collection which will excel the following, may be obtained anywhere:

Oyster Sausages.

Scald two dozen large oysters in their own liquor and when they are cool chop fine. Mix with them five ounces of bread crumbs and three ounces of finely chopped suet. Season with salt, pepper and a grating of nutmeg. Stir in a beaten egg and set away for an hour or two to cool and get firm.

Flour the hands and make up into sausage cakes and fry them in butter or hot olive oil. Serve with tender celery and brown bread and butter.

Oysters Vendome.

Put the oysters, without liquor, in a hot pan and let them just heat through, then drain. Melt two tablespoonfuls of butter in a saucepan, add a mushroom and parsley chopped fine. Cook slowly about five minutes. Sprinkle in a tablespoonful of flour, stir until smooth, then add half a glassful of bouillon and half a glassful of white wine.

Cook about 30 minutes uncovered, then add the oysters and let it just come to a boil. Serve in individual dishes.

Oysters and Macaroni.

Break half a package of macaroni in short lengths and boil in salted water until tender. Put the macaroni in a dish and run cold water over it, gently lifting and turning the macaroni until the outer coating of paste is dissolved and the water is perfectly clear. Put a layer of macaroni in a baking dish and sprinkle with salt, pepper and bits of butter. Next put a layer of oysters which have been dried in a napkin. Sprinkle with cayenne, salt and grated lemon peel. Over the oysters put a second layer of macaroni.

Over all pour a cup of rich cream and lastly a layer of grated cheese, dotted with lumps of butter, and brown in a quick oven.

Oyster Scones.

Peel and boil five medium-sized potatoes. Drain and mash them, seasoning with salt, pepper and two tablespoonfuls of butter. Whip with a wire egg beater until light and creamy. Mix in a pint of oysters and turn out on a floured board. Roll out a half inch thick and cut with a biscuit cutter. Brush with melted butter and dip in beaten egg seasoned with salt and pepper. Fry on a griddle greased with hot olive oil or butter. Have both sides golden brown.

On Strips of Toast.

Toast oblong strips of bread on one side only. On the untoasted side of each put two large, fat, broiled oysters.

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Melt a tablespoonful of butter in a saucepan, add two tablespoonfuls of grated cheese and stir until smooth. Then stir into the mixture the yolk of one egg beaten with a little cream. Season with salt and tabasco and stir until smooth. Remove from the fire and pour a little of the sauce over each oyster. Serve with rings of lemon.

Baked in Shells.

Clean the deep shells of twelve large oysters, dry and butter the inside. Melt a tablespoonful of butter and add two tablespoonfuls of Parmesan cheese and stir until melted. Then add a little of the strained liquor from the oysters, a teaspoonful of lemon juice, salt and cayenne pepper.

Beat the yolk of one egg with a tablespoonful of cream and add to the mixture, stirring constantly. Quickly remove from the fire. Put a spoonful of the sauce into each shell, place an oyster on top and sprinkle with fine bread crumbs, grated cheese and bits of butter. Bake in a quick oven just long enough to brown.

Serve hot, with thin slices of brown bread buttered.

Oyster Salad.

Cut hard-boiled eggs in half the

round way. Remove the yolks and rub them smooth in a bowl. Add parboiled oysters cut in small pieces and enough mayonnaise dressing to make a smooth, creamy mixture. Fill the holes with the mixture and put them away on the ice. When ready to serve line a salad bowl with tender lettuce leaves, lay the eggs in the bowl and dress with mayonnaise and cut lemon. Serve with rolled brown bread sandwiches.

Oyster Loaf.

Cut the top crust from a long, thin loaf of stale bread and with a spoon scoop out the inside, leaving the walls smooth. Brown two tablespoons of butter in a saucepan, add a half teaspoonful of finely-chopped parsley. Season with salt and pepper and brown again. Stir in a tablespoon of flour, add the strained liquor from a quart of oysters and boil.

Fill the loaf with the uncooked oysters, seasoning with salt, pepper and a little finely-minced celery. Put generous lumps of butter over the top and replace the crust. Put in a baking pan and pour over the loaf part of the sauce. Bake about thirty minutes, basting occasionally with the remainder of the sauce.



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